

## “Connecting to Wellness” Cheat Sheet

### 1 Corinthians 6:19-20

Do you not know that your body is a temple of the Holy Spirit, who is in you, whom you have received from God? You are not your own; you were bought at a price. Therefore honor God with your body.

## CARDIO TEST - THR SubMax Test with a step

Figure out you Maximum Heart Rate (MHR) by doing  $220 - \text{your age} =$  \_\_\_\_\_

### Cardiovascular with a Heart Rate Monitor with a Step:

The SubMax Step Test. Use a 6" to 8" step (almost any step in your home or in a club will do) and perform a 3-minute step test. After your warm-up, step up and down in a four-count sequence as follows: right foot up, left up, right down, left down. Each time you move a foot up or down, it counts as one step. Count "up, up, down, down" for one set, with 20 sets to the minute. It is very important that you don't speed up the pace--keep it regular. After 2 minutes, you'll need to monitor your heart rate for the last minute. The SubMax Step Test now can be used to predict your MHR for your current condition if you were in excellent shape.

**Add to your last minute's heart rate average the following number: Excellent Shape: +75 bpm**

1. Poor Shape: if you are over your THR by +25 bpm
  2. Average Shape: if you are over +10 bpm
  3. Excellent Shape: less than 10 bpm off THR
- Your result should be pretty close to your Max HR.

Your SubMax Result:	
75 +	=

If your SubMax test is 25 bpm over your THR score yourself a 1. SubMax test is 10-25 bpm over your MHR score is a 2. SubMax test is less than 10 bpm off give yourself a 3.

Poor Shape

Average Shape

Excellent Shape

**1**  
SICKNESS · CRISIS

**2**  
AVERAGE

**3.**  
PREVENTION · WELLNESS

www.connectingtowellness.com

RE-EVALUATE

30 DAYS   45 DAYS   90 DAYS   120DAYS   1/2 YEAR   \_\_YEAR

THR-SubMax with a step TEST

SCORE

DATE \_\_\_\_\_ NAME \_\_\_\_\_